

Choosing a Blood Pressure Monitor

A blood pressure monitor is an instrument that measures the pressure of blood flowing through an artery. It can be used to diagnose hypertension and determine whether or not antihypertensive medication is necessary. A blood pressure monitor can also help you keep track of your progress with treatment and avoid future health complications.

There are many types of blood pressure monitors available on the market, including digital and aneroid models. The type you choose depends on your preferences and medical needs.

You should consider a [blood pressure monitor](#) based on its features, ease of use and price. The type that you choose should be comfortable for you and easy to read, as well as providing an accurate reading. It should also have a stethoscope so you can hear your heart beat while checking your blood pressure.

The aneroid [blood pressure monitor](#) is the most common type. It uses a cuff that fits around your upper arm. You squeeze a rubber bulb to inflate it, and you listen for the sound of your heartbeat through a stethoscope attached to the cuff. After a few seconds, the cuff deflates to read your systolic and diastolic pressures.

If you have a hearing impairment, an aneroid blood pressure monitor may be easier for you to use. Digital blood pressure monitors are also popular, as they have a gauge and a stethoscope in one unit. These monitors can also have an error indicator, which lets you know if your reading is too high or too low.

A digital [blood pressure monitor](#) is more expensive than an aneroid model, but it can be easier to use and provides more accurate readings. It usually has a screen that displays the numbers and a paper printout that gives you a record of your readings. In addition, a digital blood pressure monitor can be linked to a computer so that your readings can be automatically uploaded to your electronic personal health record.

Depending on the cuff and monitor, the device can measure systolic, diastolic and pulse pressures. Some [blood pressure monitors](#) can also indicate if you have a heart condition, such as an irregular heartbeat count.

To start using your sphygmomanometer, remove any clothing that could interfere with the measurement. Then, place the cuff over your upper arm and

press the button on the device. It should inflate and deflate automatically, then take a measurement. If it doesn't, wait a few minutes before trying again.

Once the device has finished inflating and deflating, your measurements should be displayed on the screen of the machine. Your readings will then be stored in the memory of your device, allowing you to view them at a later time. Some models can also be connected to a computer or mobile device so you can view your readings on the go.

There are two main types of sphygmomanometer: auscultatory and oscillometric. The former involves listening to arterial wall sounds (auscultation) with a stethoscope and the latter uses pressure sensor to sense the vibrations of arterial walls as cuff pressure inflates and deflates.